



December 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 ~ breakfast for lunch-n waffles/syrup, egg & sausage patty ~ creole-style baked fish ~ chicken corny dog "home-fry" oven diced potatoes black-eyed peas & greens whole grain "lotsa corn" cornbread fresh seasonal fruit	2 ~ Santa Fe chicken & Jack chalupa ~ cheddar tamale pie-n ~ beef & veggie fajita wrap cilantro black beans New Mexico "green" rice cash cabbage & lettuce salad with lime dressing jicama orange salad "biscochitos" cookies
5 chef's global Monday tastes THAI TASTES ~ pad Thai noodles/egg-n ~ green curry chicken/rice ~ chicken breast nuggets fresh baked whole wheat breadstick(s) seasoned crinkle cut oven fries bbq white beans fresh fruit whole grain chip cookie bites	6 ~ chicken cutlets & gravy ~ tomato brown gravy meatballs fresh baked whole wheat roll(s) ~ grilled panini selections-n "real" mashed potatoes thyme carrots and green peas seasonal fresh fruit peach & brown sugar mini muffins	7 ~meaty rigatoni Bolognese fresh baked tomato parmesan roll(s) ~ chicken alfredo sub ~ French bread pizza picks-n steamed rosemary green beans garlic parmesan spinach chopped Italian side salad chilled pears, peaches, and pineapple in juice	8 ~ sweet & sour pineapple beef ~ vegetable lo mein noodles-n ~ teriaki chicken wings fresh baked sesame breadstick(s) stir-fry vegetable brown rice steamed broccoli & water chesnuts crispy "asian" cole slaw mandarin orange salad	9 ~ baked southwestern talapia ~ chili con carne enchiladas ~ grilled cheese quesadilla-n Tex-Mex red potatoes chunky refried beans leafy taco side salad fresh seasonal fruit cinnamon pastry puff
Offered every day in your cafeteria: at least 3 entrees - multiple sides - fresh fruit - salad bar (most schools) - fresh-made sandwiches (at least three varieties) and salad bowls fruit, cheese, and/or veggie trays - fresh baked muffins, cookies, and other bakery "snacks" - baked chips - milk selections - 100% fruit juice - bottled waters				
12 chef's global Monday tastes SAN JUAN, PUERTO RICO ~ POLLO FRICASSEE & ARROZ SOFRITO ~ CUBAN BLACK BEAN "STEW" ~ grilled cheddar cheesewich-n garlic oven diced potatoes "Old Bay" sweet corn & peas pickle spear(s) fresh seasonal fruit lemon gelatin & pears	13 ~ spaghetti alla Carbonara ~ eggplant parmesan-n fresh baked garlic whole grain roll(s) ~ kinda' deep dish pizza-n Italian vegetable medley white beans & stewed tomatoes Caesar side salad carrot cake spice bar	14 ~Southern "red" bbq chicken ~ Mac n' four cheese pasta-n fresh baked wheat breadstick(s) ~ skirt steak sandwich/kaiser roll maple orange sweet potatoes steamed lemony broccoli florets fresh kale & spinach side salad baked cinnamon apples	15 ~ savory beef steak & gravy ~ lemon garlic wings fresh baked whole wheat roll(s) ~ baked 3-cheese French loaf-n butter & parsley mashed potatoes yellow squash & green beans chilled peach halves in light syrup chocolate-vanilla swirl yogurt "pudding"	16 ~ a big beef "enchiladarrito" ~ chicken fajita skillet with veggies, tortillas, & cheese ~ cheddar nacho sauce/chips-n ranchero pinto beans Spanish-style brown rice leafy taco side salad Tres Leches-like whole grain banana cake
19 chef's global Monday tastes ~ Winter Break ~	20 ~ Winter Break ~	21 ~ Winter Break ~	22 ~ Winter Break ~	23 ~ Winter Break ~
"-n" means non-meat entrée - choose an entrée and 3 sides for your complete plate - menu is always baked and never fried - no pork or peanut on menu - only fresh or frozen vegetables used in our cooking most bread is fresh baked in our kitchens and sent to you (except burger/dog buns and pizza crusts which are always whole wheat/whole grain) - we cook low salt/lower sugar/and mostly low fat				
26 ~ Winter Break ~	27 ~ Winter Break ~	28 ~ Winter Break ~	29 ~ Winter Break ~	30 ~ Winter Break ~

